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# express

JULY 19, 2010 | A PUBLICATION OF *The Washington Post*

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## Brady, age 57

### OCCUPATION

Farmer

### TREATMENT

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### DENTAL TURNING POINT

My granddaughter said, "Grandpa, what's wrong with your mouth? It looks ugly!" I broke down.

### HIDDEN TALENT

Racing mini-hot rod cars

### MY SMILE ...

makes me happy every day. It makes my family happy. And my granddaughter, Skyler, she plants kisses on my face every day now.



Before



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Stuart L. Graves, DDS, MS • Debora Armellini, DDS, MS

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# There is a better life after dentures. Way better!

## Jackie, age 67

### OCCUPATION

Retired

### TREATMENT

Dental implants and beautiful new teeth

### DENTAL TURNING POINT

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### HIDDEN TALENT

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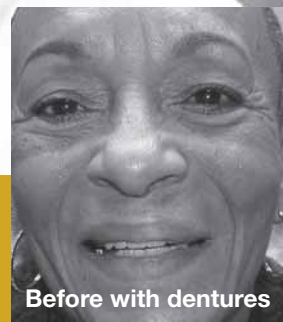
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**Monday**



**SOME LIKE IT HOT**

**McNabb warms**  
for training camp by  
hosting 'Hell Week' **13**

**PAINLESS PREVENTION**

**New microneedle  
patches** could mean  
gentler vaccinations **4**

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reality TV,  
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have any  
filters **24**



FOR EXTENDED FORECAST, SEE PAGE 29

JULY 19, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

## WHAT'S WRONG WITH THIS PICTURE?

**'SEAT HOGS': AS METRO  
GETS MORE CROWDED,  
THERE'S NO ROOM FOR  
INCIVILITY **11****



XIAOMEI CHEN/THE WASHINGTON POST



# eo

## EYE OPENERS

### Pants, Shorts, Skirts, Skorts, Kilts Required

The days when a citizen could address the Boulder City Council wearing only underwear may be over. The council will vote on new decorum rules in September, seven months after a resident stepped up to a microphone in his boxers. It's not the first time the town has wrestled with how much clothing is enough. In April, the city barred teens and adults from showing their genitals in public. (AP)

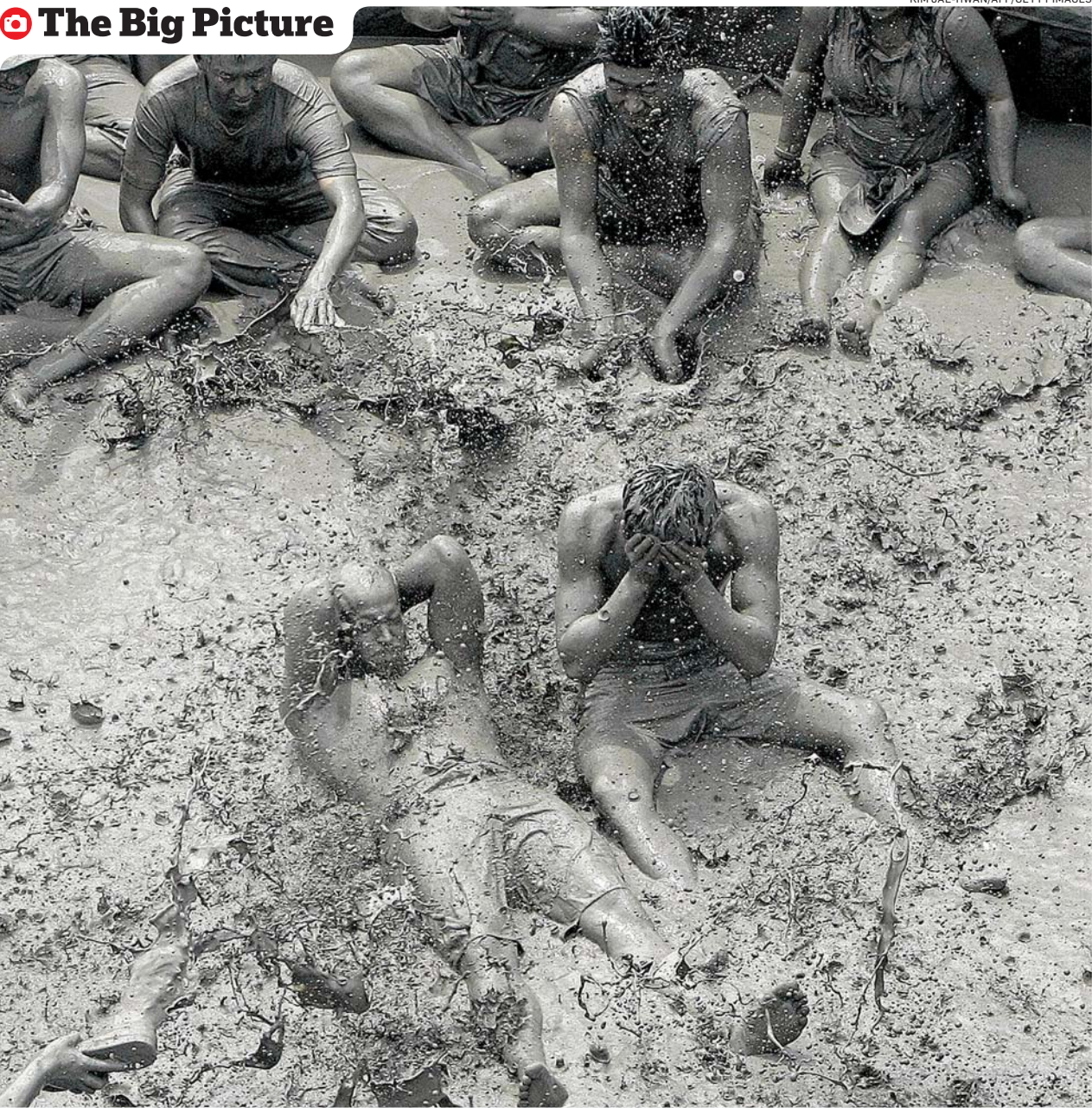
**“The stock market requires certain skills and expertise, and to expect this from deities would not be proper.”**

— THE BOMBAY HIGH COURT, ON REJECTING A PETITION FROM A PRIVATE RELIGIOUS TRUST TO SET UP TRADING ACCOUNTS FOR FIVE HINDU GODS.

### Saddest Story About Wood Since ‘The Giving Tree’

U.S. Forest Service officials in Priest River, Idaho, say a popular tourist attraction helped fuel its own demise. Since the 1940s, people have adorned a local cedar with hundreds of pairs of shoes. Firefighters found the tree engulfed in flames late Thursday, and the blaze was difficult to extinguish because the tree was covered in melted shoe rubber. (AP)

### The Big Picture



**TOURISTS AND LOCALS** play in the mud during the 13th Boryeong Mud Festival at a beach in Boryeong, South Korea, on Sunday. The annual festival, which runs from July 17 through July 25, encourages the use of mud for its skin care benefits and draws visitors to the region. (EXPRESS)

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# Will Gulf Be Stuck in the Muck?

As the cap contains the oil, region is left to ask: 'Now what?'

## New Orleans

After three long months, the bleeding from the bottom of the Gulf of Mexico has been finally, mercifully stanchied. But in so many ways, the prognosis remains uncertain.

Which species will rebound, and which have been pushed beyond the brink? Has the oil accelerated the die-off of marshlands that protect one of America's great cities and make this the nation's second most-productive fishing region? What effect will the BP spill have on the future of deep-sea drilling — at once boon and bane — in the Gulf?

And, of more immediate concern to people along the nation's southern coast, where will the millions of as-yet uncollected, unburned, unseen gallons of oil from the blown-out Deepwater Horizon well end up?

Just as the stumbling federal response to Hurricane Katrina five years ago exposed not just chinks, but spider web networks of fissures in our national armor, the failure to prevent and then quickly stop the spill has shaken many people's faith in American might.



Oil cleanup workers in Alabama's Perdido Pass skim for oil from the Deepwater Horizon spill during a heavy rainstorm Sunday.

"We're a superpower — the United States," New Orleans chef and sometime fishing guide Eric Schutzman said recently. "We put a man on the moon. You'd think we'd have enough brilliant minds to get it all cleaned up and get on with it."

Since the Deepwater Horizon exploded on April 20 and sank 50 miles off the tip of Louisiana, as much as 184 million gallons of crude have hemorrhaged into the gulf.

To get an idea of what Gulf Coast residents might be facing, many have looked back to the region's last worst drilling accident — the 1979 Ixtoc spill. It took Pemex, Mexico's state-owned oil company, 10 months to contain the

## Signs of Trouble

A federal official said Sunday that scientists are concerned about a seep and possible methane seen near BP's busted oil well in the Gulf of Mexico. Both could be signs there are leaks in the well that's been capped off for three days. The official spoke to The Associated Press on condition of anonymity Sunday. The official is familiar with the spill oversight but would not clarify what is seeping near the well. (AP)

spill. By then, 140 million gallons of crude had bled into the gulf.

Wes Tunnell, associate director

of the Harte Research Institute for Gulf of Mexico Studies at Texas A&M University-Corpus Christi, is traveling the region, looking for traces of the spill and speaking to people who lived through it. Tunnell and his colleagues interviewed 74-year-old Jose Chay, a longtime fisherman in Celestun, Yucatan. Chay told Tunnell that the spill forced locals to switch to jobs such as salt mining, crabbing in the lagoon or making charcoal from the region's lush forests.

Some started fishing again in about two years, but with poor results. As Chay said, "it permanently killed all of the oysters and clams, the same thing we heard in Isla Arenas yesterday." (AP)

## Unlikely Senate Hopeful Stumps

### Columbia, S.C.

In his first campaign appearance, South Carolina's surprising U.S. Senate candidate, Alvin Greene, received applause Sunday with his exhortations to improve education and fight unemployment.

Greene started his speech in his hometown of Manning by slowly rattling off national job loss statistics and South Carolina's dismal rankings in standardized tests.

He suggested infrastructure projects put on hold after 9/11 could be restarted, such as an interstate from Michigan to the South Carolina coast. "Lets get South Carolina and America back to work," he said. (AP)

## Hearsay

**"Very conservative, very different views on government and a whole lot of things. But it is not a racist organization."**



— VICE PRESIDENT JOE BIDEN, ASSESSING THE TEA PARTY ON ABC'S "THIS WEEK" ON SUNDAY MORNING.

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Nation

Home Remedy Eyed for the Flu

Microneedles could make getting annual shot much easier

Washington

One day your annual flu shot could come in the mail.

At least that's the hope of researchers developing a new method of vaccine delivery that people could even use at home: a patch with microneedles.

Microneedles?

That's right: tiny little needles so small you don't even feel them. Attached to a patch like a Band-Aid, the little needles barely penetrate the skin before they dissolve and release their vaccine.

Researchers led by Mark Prausnitz of Georgia Institute of Technology reported their research on microneedles in Sunday's edition of Nature Medicine.



A patch using microneedles that feel like sandpaper may help fight the flu.

The business side of the patch feels like fine sandpaper, he said. In tests of microneedles without vaccine, people rated the discomfort at one-tenth to one-twentieth that of getting a standard injection, he said. Nearly everyone said it was painless.

Some medications are already delivered by patches, such as nicotine patches for people trying to quit smoking. That's simply absorbed through the skin. But attempts to develop patches with the flu vaccine absorbed through the skin have not been successful so far.

In the Georgia Tech work, the vaccine is still injected. But the needles are so small that they don't hurt and it doesn't take any special training to use this kind of patch.

So two problems are solved right away — fear of needles, and disposal of leftover hypodermic needles. "The goal has been a means to administer the vaccine that is patient-friendly," Mark R. Prausnitz of Georgia Tech said.

That means "not only not hurting or looking scary, but that patients could self-administer," he said, and people would be more likely to get the flu vaccine.

RANDOLPH E. SCHMID (AP)

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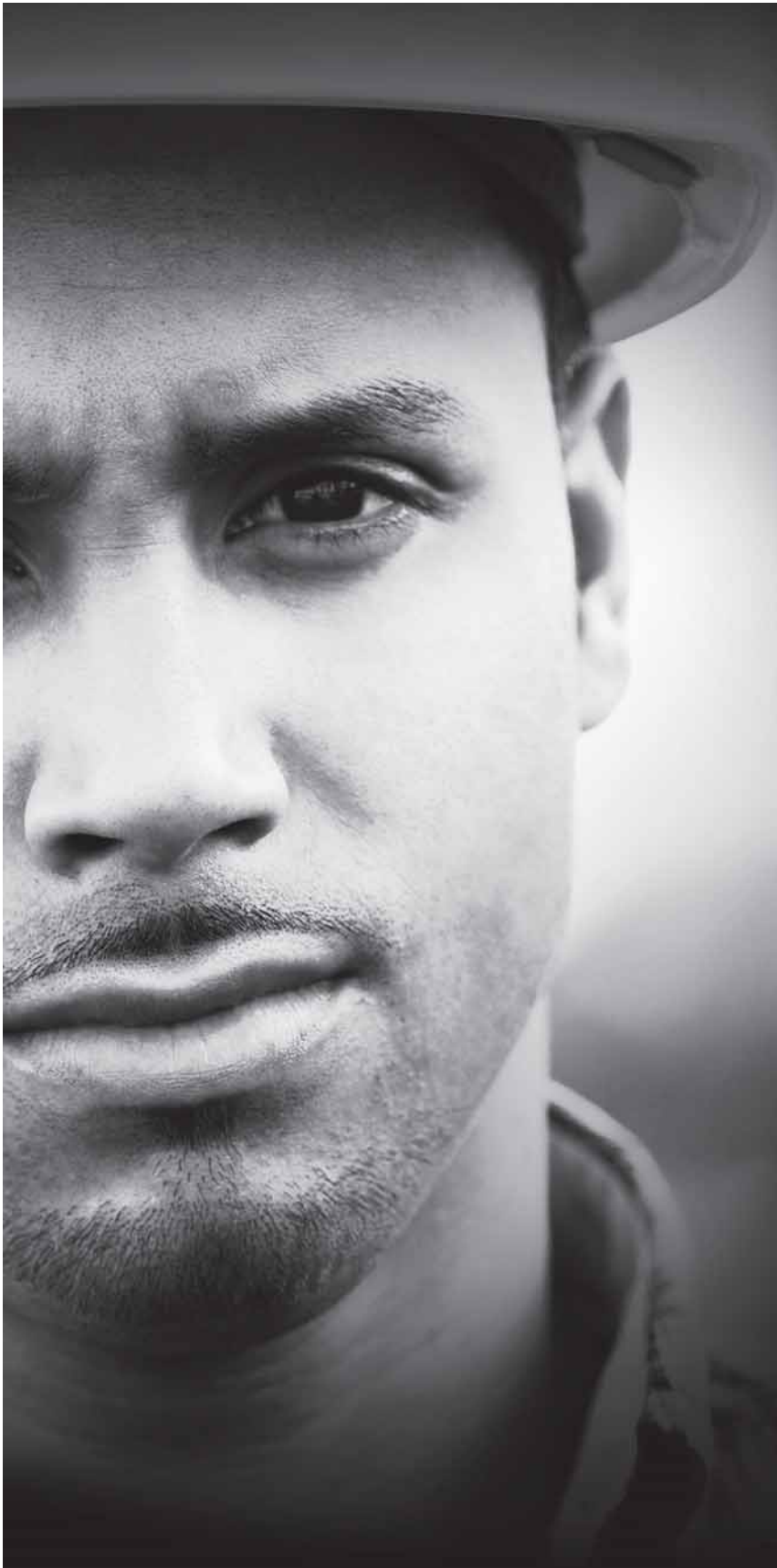
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# World

## Dozens Killed in Attacks in Iraq

Incidents highlight trials nation faces as U.S. works to leave

### Baghdad

A suicide bomber ripped through a line of anti-al-Qaeda Sunni fighters waiting to collect their paychecks near an Iraqi military base as nearly 50 people were killed in violence west of Baghdad.

The attack is the deadliest this year against the groups that turned against the terror network amid an apparent campaign by insurgents to undermine confidence in the government security forces and their allies.

The attacks on the Awakening Council members highlighted the daunting security challenges the country faces as the U.S. works to withdraw all com-



An Iraqi soldier inspects the scene of a suicide attack in Radwaniya, Iraq, Sunday.

bat troops in Iraq.

The first attack Sunday morning by a single bomber with an explosive vest killed at least 45 people and wounded more than 40 at a

checkpoint near a military base in the mostly Sunni district of Radwaniya southwest of Baghdad.

About 150 Sunni fighters had lined up to collect their paychecks

when the bomber struck, according to witnesses.

"I ran, thinking that I was a dead man," said Uday Khamis, 24, who was outside the Mahmoudiyah hospital.

There were conflicting reports as to how many of the dead were Iraqi soldiers and whether accountants who were killed as they were handing out money were civilian or military.

In the second attack, a suspected militant stormed into a local Awakening Council headquarters in the far western town of Qaim near the Syrian border and opened fire on those inside.

The fighters returned fire, wounding the attacker, who then blew himself up as they gathered around him, killing three and wounding six others, police officials said on condition of anonymity. (AP)



A woman smokes a water pipe in Gaza.

## No Water Pipe Puffs for Women

### Gaza City, Gaza Strip

Gaza's Hamas rulers have banned women from smoking water pipes in cafes, calling it a practice that destroys marriages and sullies the image of the Palestinian people.

The ban marks the Islamist militant group's latest effort to impose its harsh Muslim lifestyle in the seaside strip on an often resistant public. While Muslim law does not ban women from smoking the traditional tobacco-infused pipes, tradition frowns upon the habit. Hamas frequently mixes its strict interpretation of Islamic law with conservative Gaza tradition, and over the weekend, the two dovetailed to produce the smoking ban.

"It is inappropriate for a woman to sit cross-legged and smoke in public. It harms the image of our people," Ihab Ghussein, Hamas interior ministry spokesman, said in a statement released Sunday. (AP)

## Gunmen Kill 17 at Party in Northern Mexico; No Suspects Yet

### Piedra Negra, Mexico

Gunmen stormed a party in northern Mexico on Sunday and massacred 17 people, authorities said.

The gunmen arrived at the party in Torreon in several cars and opened fire without saying a word, the Coahuila state Attorney Gen-

eral's Office said in statement. At least 18 people were wounded.

Investigators had no suspects or information on a possible motive.

Coahuila is among several northern states that have seen a spike in drug-related violence that authorities attribute to a fight between the

Gulf cartel and its former enforcers, known as the Zetas.

In May, gunmen killed eight people at a bar in Torreon. Later that month, a TV station and the offices of a local newspaper came under fire.

Across northern Mexico, there have been increasing reports of

mass shootings at parties, bars and rehab clinics.

Officials say 24,800 people have been killed in drug gang violence since President Felipe Calderon declared war on the cartels in December 2006, deploying soldiers and federal police to fight traffickers in their strongholds. (AP)

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## World

# Afghan Leaders: Let Us Govern

Kabul will tell donors it wants more control over how aid is spent

### Kabul, Afghanistan

At an international conference on Tuesday, the Afghan government will ask donors to put 80 percent of aid money behind programs that the Afghans — not foreign capitals — deem important to development.

It's a high-stakes meeting for the Kabul government, which wants to show the world leaders attending that it's making strides toward running its own affairs.

Displaying a new streak of inde-



An injured man awaits treatment after a suicide bomb attack in Kabul Sunday.

pendence, Afghan officials are seeking to take the driver's seat to guide their nation out of three

decades of conflict.

Having spent billions and lost so many troops in nearly nine years of war, the international community remains uneasy about letting go of the wheel.

Still, the U.S. and other donor nations believe that strengthening the Afghan government is the only way to end their military involvement in Afghanistan.

"If after the Kabul conference, we do not embark on the delivery of the things that we promised to deliver, then the donors as well as everybody else has every right to complain about us and tell us we are not serious," said Afghan Finance Minister Omar Zakhilwal. **DEB RIECHMANN (AP)**

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## Local

# Fan Riot at UMd. Probed

Police actions ahead of beating reviewed for possible cover-up

College Park, Md.

Detectives investigating the March incident in which Prince George's County police officers in riot gear beat an unarmed University of Maryland student have reviewed e-mails and text messages of high-ranking police commanders at the scene, according to sources familiar with the investigation.

The investigators are trying to determine whether police supervisors gave orders that led to the beating and whether any commanders tried to cover up the incident, said the sources.

Detectives reviewed e-mails



After a March basketball win over Duke, UMd. fans piled onto Route 1 in College Park.

and cell phone messages sent and received by police commanders March 3, the night of the beating, and for a period of time after that, two sources said. Investigators also reviewed e-mails and

text messages sent and received in mid-April, when attorneys for the beaten student released a video of the incident that prompted media attention. RUBEN CASTANEDA (THE WASHINGTON POST)

washingtonpost.com



**LYNETTE MATTKE**, of Silver Spring, Md., co-founder of Moms With Apps, shows some children her PicPocket Books application on June 23. Mattke began creating her own educational applications for Apple's iPad after finding a dearth of them geared toward children. | [washingtonpost.com/local](http://washingtonpost.com/local)

## Report: Crime Down in Region

Washington

Crime is down across the Washington region, according to a new report by the Metropolitan Washington Council of Governments.

The report says crime fell 8 percent last year in the District, suburban Maryland and Northern Virginia, led by drops in violent crime. Homicides fell 22.6 percent, rapes were down 7.8 percent, and robberies dropped 7.3 percent, according to the report.

Maryland's D.C. suburbs saw the greatest drop with crime off 11 percent, while the District saw crime drop 6.2 percent, and Northern Virginia reported a 4 percent decrease. (AP)

### The Lotteries

Sunday, July 18

Virginia

Mid-day Pick 3..... 4-0-3  
Mid-day Pick 4..... 7-2-3-2  
Mid-day Cash 5..... 3-17-25-27-34

District

Mid-day Lucky Numbers..... 7-2-7  
Mid-day DC 4..... 1-2-0-6  
D.C. Five (Sun.)..... 7-4-6-3-4

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

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Mid-day Pick 4..... 7-9-9-7

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# Under 40? No Pension for You!

Young people: Start saving for retirement now or struggle later

Personal Finance

If your junior-high soundtrack was more Bangles or Britney than Beatles, I'm going to try to scare some sense into you with three words about life in retirement, based on personal experience: The paychecks stop.

If you're, say, under 40 — and especially if you're under 30 — you probably have worked only at firms or agencies that offered 401(k)s or their nonprofit cousin, the 403(b). That means that when you finally do retire 25 or 35 years from now, you will be responsible for providing for your own income. No pension for you!

Over the past year, I've learned a few things about how to retire successfully without a pension.

First, take a moment to think about how much money you'll need each year after you stop working. Start by itemizing your usual



expenses. Estimate your rent or your mortgage and property tax. Make reasonable assumptions about what you spend on food, utilities, essential travel, clothing, car repairs and so on.

Whatever figure you come up

with — let's say, \$50,000 — consider it a minimum. Divide it by 26 to come up with your biweekly retirement income — about \$1,925.

So without a pension, how much do you need to get \$50,000 (before inflation) each year? Simply put:

a bundle. If you plan to retire at 65 and hope to have at least 30 years in retirement, you'll probably need something like \$1.5 million in today's dollars. Even a little inflation could push that to \$3 million if you're two or three decades from retirement.

Here's more bad news: Just saving a lot isn't going to be enough. Let's say you're 30 years from retiring, you earn \$100,000 now and you guess that your income will go up by about 3 percent a year. Even if you earmark 10 percent of every paycheck for your retirement and your employer adds another 5 percent, you'll have set aside only about \$713,000 by the time you stop working. That's half of what you'll need for that \$50,000 annual income.

To live comfortably in retirement, whatever you save has to grow — and its growth has to beat inflation by at least a percent or two. The bottom line is that the only way to ensure that decades from now you will have enough money to live on is to invest wisely. JONATHAN KERN (THE WASHINGTON POST)

Hearsay



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— APPLE CEO STEVE JOBS, WHO SAID APPLE WILL OFFER FREE CASES TO THOSE WORRIED ABOUT THEIR IPHONE'S RECEPTION AND A 30-DAY REFUND TO THOSE WHO CAN'T LIVE WITH THE PHONE'S WOES.

**.5%**

**The amount that retail sales fell in June, as stores are already beginning to feel a chill about holiday sales. Many retailers are worried about stock piling up now, which would lead to rampant price cutting later. (AP)**

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# Can't Stand 'Seat Hogs'?

You're not alone. Complaints grow louder over the lack of civility on the Metro

## Washington

Brooke Timmons grasped a bar in the middle of a crowded Red Line railcar and held on, looking exasperated as she tried to keep her balance while the train jerked and accelerated down the track.

On both sides of Timmons sat riders referred to on commuter websites as "seat hogs." A man and woman occupied aisle seats with empty spots beside them but made no move to slide over and offer Timmons a seat.

"There is a self-centeredness about it. 'My space is more important than you,'" said Timmons, 37, who grew up in Vinita, Okla., population 6,000, where, she said, gentility prevailed.

As Washington's public transit network grows more congested, with Metro projecting "unmanageable" levels of saturation on its rail system by 2020, the phenomenon of people taking up more than their fair share of space is becoming increasingly touchy.

## Called Out

Twitter users and commenters on transit blogs such as Unsuck DC Metro frequently sound off about people who place purses, briefcases, feet or wet umbrellas on seats next to them in jammed trains.

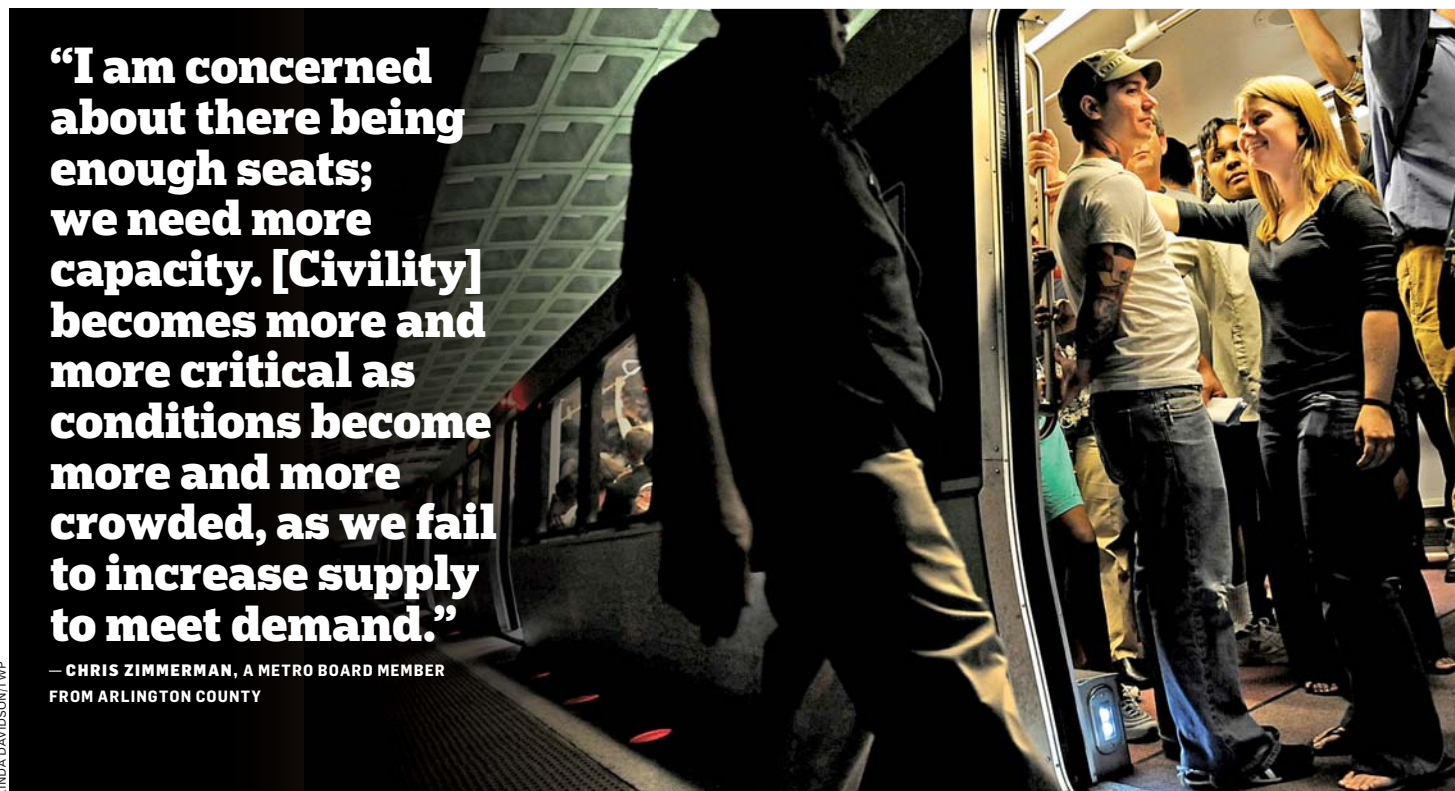
"This is one of my favorite kinds of Metro riders. It's bad enough that she's doing the 'sit-on-the-outside-seat-so-no-one-will-try-to-sit-next-to-me,' but she's also got her filthy foot on a seat," "Amanda" said in a blog post. "Several people were standing, including myself."

Commuter irritation over the problem is not limited to Washington. Last fall, a 33-year-old Manhattan businessman posted to Facebook a picture of a woman with her legs crossed taking up two seats on a New York subway car while

**"I am concerned about there being enough seats; we need more capacity. [Civility] becomes more and more critical as conditions become more and more crowded, as we fail to increase supply to meet demand."**

— CHRIS ZIMMERMAN, A METRO BOARD MEMBER FROM ARLINGTON COUNTY

LINDA DAVIDSON/TWP



A person looks for a spot on a crowded Metro train at the Glenmont station. As the number of riders increases, more anger is sure to build against those whose hog seats.

## Why Do Riders Hog Seats?

### THE PSYCHOLOGY

Industry experts are hard-pressed to explain the psychology of people who are unnecessarily greedy with space—blocking off seats, standing in doorways or obstructing aisles. "It puzzles me," said Norman Rhodes, senior vice president of transportation for the New York consulting firm Hatch Mott MacDonald. "I suppose people don't want to give up their private space."

### HOW OTHER CITIES HANDLE IT

In New York, subway authorities have banned selfishness with seats. A rider who occupies more than one seat, places a foot on a seat, lies on the floor or blocks movement on a train risks being cited for "disorderly conduct" and charged a \$50 fine. Metro, however, has no such rule, preferring to rely on the civility of Washingtonians.

scratching a lottery ticket.

"It created a lot of outrage," said the businessman, who decided to create the website Seathogs.com and post photographs aimed

at shaming the guilty into behaving. The site has attracted photos of territorially insensitive public transit riders from cities such as Toronto and Hong Kong.

## Just Wait Until 2020

That doesn't necessarily mean relief for the Metro passengers of tomorrow. Metro is anticipating even higher levels of congestion by 2020, including

## 100-120

The number of passengers per car expected on the Red, Blue and Yellow lines by 2020, a level that Metro describes as "highly congested."

## 120-Plus

The number of passengers per car expected on the Orange Line by 2020, a level that Metro describes as "unmanageable."

space on subway cars. Instead, seat hogs tend to inhabit the fringes of rush hour, victimizing less-assertive commuters, Metro riders say.

On a Red Line train, Hannah Platt, a junior at Walt Whitman High School in Bethesda, flopped down with her bag and put her feet up on the empty seat next to her. As the train filled with evening commuters, Allison Sarracino stood near Platt but did not say anything.

"I was giving her a chance to move," said Sarracino, of Albuquerque. Eventually, Platt took the cue.

Before they knew it, Sarracino, an intern at the Agriculture Department, and Platt, who works at the Alliance for Green Heat, began exchanging notes on summer jobs. Seat Hogs: O, Civility: 1. ANN SCOTT TYSON (THE WASHINGTON POST)

## On the Fringes

Anecdotal evidence suggests that during the morning and afternoon crushes, only the most brazen will attempt to monopolize



# Nats Fall Hook, Line and Sinker

In second-straight game, Washington is shut out by Florida

Nationals

The statistics that describe the Washington Nationals' offensive futility over the past two days come cascading out of the box scores, wave after wave of head-scratching numbers. With their 1-0 loss Sunday afternoon, the Nationals suffered their second-consecutive shutout loss as they heaped frustration on top of frustration. For the second-straight

game, the Nationals created ample opportunities to slap a digit other than "0" on the Sun Life Stadium scoreboard. It is one thing for rallies to wilt against Josh Johnson, a potential Cy Young winner. It is another for them to die against Alex Sanabia, a rookie making his second career start. The Nationals — despite pounding eight hits, loading the bases with one out, and at least one hitter's reaching base in seven of nine innings — endured back-to-back shutouts for the first time since Aug. 9, 2008. Over



Craig Stammen's one-run start was spoiled by a lack of Nationals offense. 27 innings this series, the Nationals scored zero runs in 26 of them. They nearly scored in so many,

including the ninth inning Sunday, which turned darkly comic after Michael Morse's pinch-hit single rolled into right field. Adam Kennedy, who had singled with one out, bolted around second base and stopped quickly. When he slammed on the breaks, his left leg buckled and his knee hit the dirt. By the time he stumbled back to second, Mike Stanton's laser of a throw had arrived at second base. Hanley Ramirez tagged him. Both Kennedy and Manager Jim Riggleman protested the call, but, of course, nothing changed, and the game ended moments later when Ivan Rodriguez struck out. ADAM KILGORE (TWP)

MLB Recap

Top Dogs



**Julio Borbon CF, Rangers**  
Borbon became the first Ranger to steal home in nine years when he executed a double steal with Elvis Andrus.

**Jhonny Peralta, 3B, Indians**  
Peralta, one of Cleveland's slower players, hit an inside-the-park home run when Detroit's Ryan Raburn crashed through the bullpen door on the play.

**Paul Maholm, P, Pirates**  
The lefty pitched a three-hit complete game, shutting out the Astros.

# No Pie in the Sky For the Mystics

Mystics

A close finish in D.C. handed the Mystics a second-straight loss, dropping the matinee to the Sky 61-59. Leading the Mystics was Crystal Langhorne, with 12 points and nine rebounds, falling just shy of her ninth double-double. Now at 12-7, the Mystics host Eastern Conference leader Atlanta on Wednesday with a chance to take hold of the division and snap a two-game losing-streak. (EXPRESS)

TV Lineup

**NATIONALS (7 P.M., MASN)**  
After Joey Votto nabbed the "last man" vote from Ryan Zimmerman to play in the All-Star Game, Zim and the Nats look to exact some revenge on the first-place Reds in Cincinnati.  
**BASEBALL (7 P.M., ESPN)** The Phillies take on Albert Pujols and his Cardinals at Busch Stadium in St. Louis.  
**CYCLING (7:30 A.M., VERSUS)**  
For Lance Armstrong, winning just a single stage has become an uphill battle as the Tour de France coasts into Bagneres-de-Luchon.



British Open winner Louis Oosthuizen raises the trophy after finishing his final round 16-under at St. Andrews in Scotland.

# Oosthuizen Bangs Out Open Win

**Golf**  
Louis Oosthuizen walked over the Swilcan Bridge toward a victory that was never in doubt Sunday at St. Andrews, another big moment in sports for South Africa. This celebration, though, carried a different tune. The drone of vuvuzelas, all the rage at the World Cup, was replaced by the skirl of bagpipes coming from behind the Royal & Ancient clubhouse. For the 27-year-old South

African, the sound could not have been sweeter. With a performance that rivaled the dominance of Tiger Woods at the home of golf 10 years ago, Oosthuizen led over the final 48 holes and blew away the field by seven shots to capture the British Open. "To win an Open championship is special," Oosthuizen said. "But to win it at St. Andrews ... it's something you dream about." The timing could not have been better — one week after South Afri-

ca concluded a wildly popular World Cup, and the day Nelson Mandela celebrated his 92nd birthday. "It felt a bit special, really," he said. "When I walked down 18, I was thinking about his birthday." By then, the hard work was done. Oosthuizen (WUHST<sup>2</sup>-hy-zen) made only two bogeys over the final 35 holes in a strong wind that swept across the Old Course. He closed with a 1-under 71 for a seven-shot victory over Lee Westwood for his fifth career victory. (AP)

Scoreboard

Marlins 1, Nationals 0
Pirates 9, Astros 0
Rockies 1, Reds 0
Indians 7, Tigers 2
Rangers 4, Red Sox 2
Blue Jays 10, Orioles 1
Oakland 9, Royals 6
Twins 7, White Sox 6
Braves 11, Brewers 6
Yankees 9, Rays 5
Cardinals 5, Dodgers 4
Athletics 9, Royals 6

Late game results: [washingtonpost.com](http://www.washingtonpost.com)

Hearsay

**"We are just in a little funk where we are getting them on, but we can't get them in."**  
— JIM RIGGLEMAN, Nationals manager, on their inability to score.

The Numbers

47

The number of times Brewers batters have been hit by pitches this season, the most in the majors. Manager Ken Macha says he complained to an MLB umpiring official about the issue.



# 'Hell Week' Comes Early for Redskins

McNabb set to host teammates in Ariz. for training session

## The Redskins

The Washington Redskins don't report for training camp until July 29, but Donovan McNabb's "Hell Week" is scheduled to get under way bright and early Monday in Arizona.

While the weeks that lead up to training camp are generally treated as downtime across the NFL, the Redskins quarterback has invited some of his new teammates to his Phoenix-area home for a week of grueling workouts and team

building.

"I think it's important for the specialists on the offense to have that chemistry, to have that bond," McNabb says, "where they can trust me and I can trust them."

To that end, McNabb invited the Redskins' receivers, tight ends and running backs to Arizona to take part in his regular offseason workout program. It's the same opportunity he offered in the past few years to his former teammates in Philadelphia. Receivers Devin Thomas, Santana Moss and Malcolm Kelly are among those expected to participate.

McNabb calls it "Hell Week" because of the demanding nature of his workouts and because of the sum-



Redskins QB Donovan McNabb will host a weeklong pre-training camp workout.

**"Can't nothing but good come out of the situation when you go out and work out with your quarterback."**

—DEVIN THOMAS, REDSKINS RECEIVER, ON THE BENEFITS OF DONOVAN MCNABB'S "HELL WEEK" TRAINING CAMP IN ARIZONA.

merit heat. Temperatures around Phoenix this week are expected to climb as high as 112 degrees.

The daily routine focuses on the athlete's core, cardio and running routes. The athletes will assemble for seven-on-seven drills against some

other athletes trained by McNabb's trainer, Brett Fischer, including Jets cornerback Darrelle Revis.

For McNabb and his receivers, every repetition, every throw and every snap is another small step in one of the game's most important relationships.

"You want to get on that same page," said Thomas, the third-year receiver. "So, when we get in those clutch situations in games, you have that comfort level you need."

After the workouts, McNabb and his teammates head to a movie or dinner. The key, they say, is just being around each other as much as possible.

RICK MAESE (THE WASHINGTON POST)

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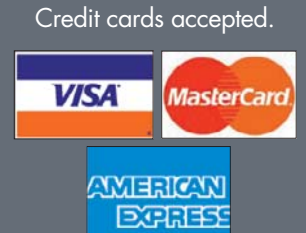
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1 Bedrms. fr. \$750  
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GREAT location!

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## RENTALS

## RENTALS

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Silver Spring, MD

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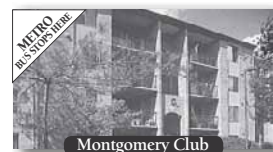
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Silver Spring

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# lookout



## A Wee Bust

Paris Hilton is briefly detained abroad when pot's found in her bag **31**

## Booze Clues

### Freedom Fatigue

**Independence Day** season is upon us again — seriously, I warned you last week — and now it's Belgian Independence Day, on July 21. The Belgians gained their freedom from the Dutch in 1831, and I'd make a joke but I'm

still too sad about the Dutch losing the World Cup. But D.C. has a plethora of Belgian bars where you can toast the only country brave enough to use the word "Walloon" in seriousness. Brasserie

Beck (1101 K St. NW) is the best of them — on Wednesday, Beck has canceled its regular 5 p.m.-7 p.m. happy hour in favor of a \$45 all-you-can-eat-and-drink dinner from 5 p.m. to 9 p.m.

You can also celebrate at D.C.'s other outposts of the small European nation — certain Belgian beers are \$1 off at Granville Moore's (1238 H St. NE) on Wednesday nights, and all drafts are half-price at Belga Cafe (514 8th St. SE) every weekday between 4 p.m. and 6 p.m. And if for some reason you're angry at Belgium for splitting from the Netherlands, you can just hit the Amsterdam Falafel Shop (2425 18th St. NW). Although I'd tell you to do that no matter what.

### Tiny Burgers

Zola's (800 F St. NW) weeknight happy hour menu, that haven of \$1.50 sliders and cheap sangria, is being extended to the weekend for the summer. The deals will now be available Monday through Saturday from 5 p.m. to 7 p.m. and from 9 p.m. to 11 p.m., and Sunday from 5 p.m. to 10 p.m. Zola gets crowded, so go early or have sharp elbows.

# Thank You for Sharing

Successful reality stars don't think twice (or at all) before letting it all hang out for the camera

## Television

If there is one thing that the Kate Gosselins, the Simon Cowells, the Heidi Montags, the Snookis and other reality TV superstars have in common, it's their proclivity to commit excesses whenever they catch the slightest whiff of a television camera. And yet it's not so simple to find the next superstar.

"Everyone in New York and L.A. has already been interviewed for a reality show," "Real Housewives of New York" producer Nick Emmerson revealed during an industry panel in Century City, Calif., last week.

For a cast member to really give breakout performances, it's critical that he or she has been born without the self-edit gene. "They have to be completely unguarded," noted Damla Dogan, VP at E! Entertainment Television.

Docu-soap stars — the genre typified by the "Real Housewives" franchise — may be the most difficult to cast.

It's always best to find characters who are "very distinguishable," Dogan said. "You have to be able to boil them down to stereotypes. View-

ers need to walk away from the show saying, 'I liked that girl — the party-girl-turned-good.'"

In the end, the panel decided that the X factor in superstardom is the media and their wonderful eagerness

to pander to the tastes of a sensation-avid public with an endless stream of stories on whatever reality-TV participant had caught its eye.

That's truly what makes a reality-TV superstar. "Their own press becomes part of the story," Oxygen Media senior VP Cori Abraham marveled. **LISA DE MORAES (THE WASHINGTON POST)**



EXPRESS PHOTO ILLUSTRATION

The Situation's jacket conceals Heidi and Spencer Pratt, Kate Gosselin and Kim Kardashian.

## Gossip



### Goodbye, Again

The cast of "Jersey Shore" continues to make its own headlines ahead of the second-season premiere (10 p.m., July 29 on MTV). RadarOnline.com reported that Angelina Pivarnick — the house member who made a dramatic exit during "Shore's" first season — was once again booted. While Pivarnick reportedly lived with the cast in Miami, she won't be there when the show moves back to New Jersey for the second half of the season. "It was Angelina's decision to leave," a source told Radar Online. (EXPRESS)



**Weekend Box Office**

Inception  
**\$60.4M**

Despicable Me  
**\$32.7M**

The Sorcerer's Apprentice  
**\$17.4M**

The Twilight Saga: Eclipse  
**\$13.5M**

Toy Story 3  
**\$11.7M**

Grown Ups  
**\$10M**

The Last Airbender  
**\$7.5M**

Predators  
**\$6.8M**

Knight & Day  
**\$3.7M**

The Karate Kid  
**\$2.2M**



Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at [expressnightout.com/topstops](http://expressnightout.com/topstops).

[expressnightout.com](http://expressnightout.com) **lookout**

top  
stops

## 1 Let Your Geek Flag Fly

Many Fringe Festival shows depend on the proud geekery of their audiences — people who will happily pay to see a play about Batman, killer robots or the Mario Brothers. "Carrie Potter at the New Moon Prom," a mishmashed send-up of all things fantasy, hopes to exploit all you fanboys/fangirls who squee for "Twilight," "Harry Potter," "Buffy" and who knows what else.

**Studio Theatre, 1501 14th St. NW; through Sat., \$15; [Capfringe.org](http://Capfringe.org). (Dupont Circle)**



## 2 Southern Comfort

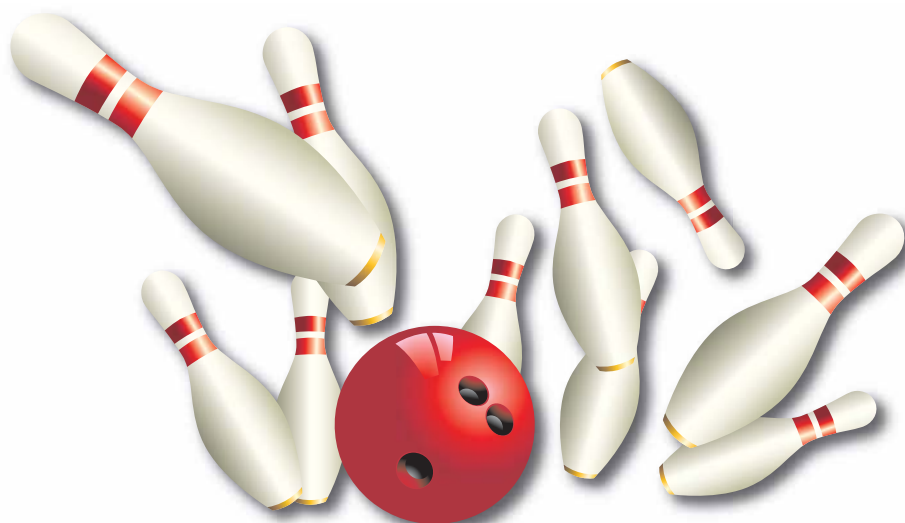
We realize this is short notice, but Georgia Beer Week finishes up tonight at the Black Squirrel. The unpasteurized libations from Atlanta's SweetWater Brewing Company are tough to ship, so this is a rare opportunity to sip the nectar of the Peach State. You might want to call first to make sure they haven't run out, though. **Black Squirrel, 2427 18th St. NW; Mon.; 202-232-1011. (Woodley Park)**



## 3 Founding Fathers

Though spoken-word performance art has been evolving since, hmmm, let's see, HOMER, the Last Poets are considered by many respectable people to have laid the foundations of modern hip-hop and rap. You can judge their older, wiser incarnation yourself at Blues Alley — they're playing two shows tonight. **Blues Alley, 1073 Wisconsin Ave. NW; Mon., 8 p.m. and 10 p.m., \$25; 202-337-4141, [Bluesalley.com](http://Bluesalley.com).**

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# lookout TV tonight

## Best Bets

HBO  
9:00

**Lucky** What would you do if you won the lottery? Such a windfall doesn't always change people's lives for the better, as revealed in this documentary from filmmaker Jeffrey Blitz, who caught up with several winners to find out whether their wealth became a boon or a burden.

FAM  
9:00



**Huge** Will (Nikki Blonsky, left) wonders who has learned her secrets after she loses her journal. Chloe becomes jealous of Amber after they ask Trent to help out with their talent show performance.

PBS  
9:00

**History Detectives** Inspired by a swatch of fabric, experts uncover the story of an early American aviator. Then, find out whether a trash bin discovery could be a valuable piece of jazz history.

TRAVEL  
10:00

**No Reservations** Anthony Bourdain goes back to Africa to explore the culture and sample the cuisine of Liberia, settled by freed American slaves in 1847. (EXPRESS/TRIBUNE MEDIA)



COURTESY VH1

### THE DO SOMETHING AWARDS

## VH1 Tries to Make Good

VH1  
9:00

VH1 presents the Do Something Awards, honoring individuals for their community service and social activism. All of the nominees are under 25 and range from founders of theater programs and public health centers, to victims of genocide and poverty who travel the world raising awareness. The winner will receive \$100,000 toward his or her cause. Jane Lynch hosts. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## Finales



### Big Revelation

Let's hope things don't get ugly on "True Beauty" (10 p.m., ABC), as judges Vanessa Minnillo, above; Carson Kressley; and Beth Ostrosky Stern let the contestants in on the secret of the competition and reveal which one of them is the most beautiful on the outside and the inside on the season finale. (TRIBUNE MEDIA)

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# weddings **lookout**



AMY PRIKAZSKY

## Patricia Durham, Stephen Waldon

PATTI, 24, IS A BUDGET ANALYST FOR THE GOVERNMENT. STEPHEN, 25, IS A FICTION WRITER. THEY LIVE IN FAIRFAX.

**THE MAIN EVENT:** An intimate ceremony, with just 65 guests, in Charleston, S.C., on July 31. Stephen's father will officiate.

**HOW THEY MET:** A buddy introduced them during their sophomore year in high school, but they didn't date. Late in college, Stephen asked Patti to visit — their first in-person meeting in years. "It took all of five minutes for us to remember why we had always secretly liked each other," he says.

**FIRST IMPRESSIONS:** Stephen first saw Patti on the cover of a magazine advertising the church camp she was attending. "She was the most gorgeous girl I had ever seen."

**FIRST DATE:** A pizza restaurant, then Guitar Hero at his place. Their first kiss came a few hours later.

**HOW HE PROPOSED:** Patti loves Christmas, so Stephen "cleaned out three stores" buying decorations. Stephen hid the ring in the first ornament Patti bought for him.

**WHEN SHE KNEW:** "Anyone who can pretend to be excited about Christmas all year long is the man for me."

**WEDDING JITTERS:** "We ordered shrimp, so we'll be boycotting BP if the food is bad!" Patti says.



## Doug Roe, Yvonne Sasse

DOUG, 26, IS AN ECONOMIST. YVONNE, 25, IS AN ENGLISH TEACHER. THEY LIVE IN GERMANTOWN, MD.

**THE MAIN EVENT:** They'll swap vows July 24, after seven years of dating. "Neither of us like formal events, but we do love food, alcohol and cake!" Doug says.

**HOW THEY MET:** He skipped an astronomy class his freshman year of college and bumped into Yvonne. "I was immediately infatuated with her," he says.

**FIRST DATE:** They don't agree. It was either a midnight drive to Taco Bell, his birthday at Outback Steakhouse or the friend's party where they shared their first kiss. (Yvonne initiated.)

**HOW HE PROPOSED:** On a weekend camping trip in Shenandoah National Park, he popped the question under the stars.

**STUPEDEST FIGHT:** "For some reason, I had my heart set on one piece of broccoli from our beef and broccoli Chinese food," Doug says. "We're happy to report I no longer have issues with broccoli."

**THEIR SONG:** "Ich Kenne Nichts" ("I've Never Seen"), a romantic R&B song from Germany. "I played this song for Doug before I said 'I love you' for the first time," Yvonne says.

### Online Now

Visit [expressnighout.com/bio](http://expressnighout.com/bio) for more of Express' couple profiles, and [washingtonpost.com/onlove](http://washingtonpost.com/onlove) for Washington Post coverage.

## Henry Abbott, Leigh Figh

HENRY, 30, IS A CREDIT OFFICER. LEIGH, 29, IS A DIRECTOR OF BUSINESS DEVELOPMENT. THEY WILL LIVE IN D.C.

**THE MAIN EVENT:** On July 24, they'll marry in a "formal, but not black-tie" ceremony in New Orleans.

**HOW THEY MET:** On Match.com. She sent him a silly joke: "Two peanuts were walking down the street ... one was 'a salted.'" "After that, I knew I had to get her number," Henry says.

**FIRST DATE:** Dinner at Lauriol Plaza, then a nightcap at Russia House. "There hasn't been a lull in the jokes or conversation for the past 20 months," they say.

**HOW HE PROPOSED:** Henry rented



Since their first date, "there hasn't been a lull in the jokes or conversation for the past 20 months." — HENRY ABBOTT AND LEIGH FIGH

a whole double-decker bus for a ride around D.C., which Leigh had always wanted to do. He told her he'd won the tickets in a pledge drive. "She fell for the entire thing and was shocked we were the only people on the tour." At the Tidal Basin, he pulled out the ring.

**WHEN SHE KNEW:** "A month after we started dating, we went to Las Vegas for Halloween and dressed as Peg and Al Bundy. Henry was joking with the blackjack dealers and I thought he is so entertaining and so thoughtful — I knew we were meant to be."

**MAKING IT UNIQUE:** The ceremony will conclude with the song "When the Saints Go Marching In." "I am the world's biggest Saints fan," Henry says.

# B.I.O.

**By Invitation Only** If you'd like to see your wedding or commitment ceremony in B.I.O., send your favorite informal photograph (wacky is fine, but please don't send a formal engagement shot), plus your names and ceremony date to [weddings@readexpress.com](mailto:weddings@readexpress.com). Please contact us at least one month before your wedding. We'll get back to you with questions.



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COMMENTER GEORGE WASHINGTON

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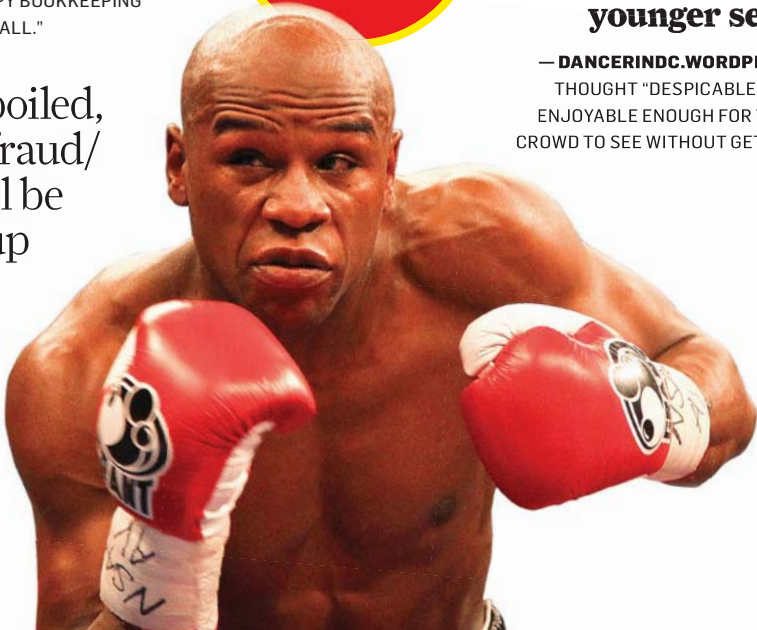
"Yeah, right. [A] \$219,000 fine is a minor offense when you are a politician. There are thousands of Americans in prison right now for lesser offenses."



— ARGUEWITHEVERYONE.COM WAS MIFFED BY THE FACT THAT A SPOKESPERSON FOR VICE PRESIDENT JOE BIDEN CALLED A PENALTY FROM THE FEDERAL ELECTION COMMISSION TO RESOLVE ISSUES CAUSED BY SLOPPY BOOKKEEPING AND ACCEPTING EXCESSIVE CONTRIBUTIONS "RELATIVELY SMALL."

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— BOXINGINSIDER.COM THINKS MAYWEATHER'S DECISION NOT TO FIGHT PACQUIAO WILL HAVE LONG-TERM NEGATIVE EFFECTS ON BOXING AS A SPORT OVERALL.



"The movie certainly isn't great, but it's an enjoyable romp for this adult, and I'm certain it will go over like gangbusters with the younger set."

— DANCERINDC.WORDPRESS.COM THOUGHT "DESPICABLE ME" WAS ENJOYABLE ENOUGH FOR THE OLDER CROWD TO SEE WITHOUT GETTING BORED.

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# puzzles lookout

## Horoscope

**CANCER** (June 21-July 22) Negativity can only get in the way, and yet you may find it increasingly difficult to remain positive about everything.

**LEO** (July 23-Aug. 22) It's a good day to begin planning for something in the distant future. The more specific and detailed you can be, the better.

**VIRGO** (Aug. 23-Sept. 22) Someone you've known for some time will step forward and present you with a challenge that is simply too tempting to pass up.

**LIBRA** (Sept. 23-Oct. 22) A loved one knows just what you need, and he or she is willing and able to provide it as long as you are in a position to accept it.

**SCORPIO** (Oct. 23-Nov. 21) Things are likely to be clearer to you than they have been in the recent past, and yet one question in particular proves stubborn.

**SAGITTARIUS** (Nov. 22-Dec. 21) Past learning comes in handy, and you may be surprised to realize that something you thought had been forgotten is all right there.

**CAPRICORN** (Dec. 22-Jan. 19) Don't push your luck; you'll want to pursue a path that is more conservative than usual — in a uniquely creative way.

**AQUARIUS** (Jan. 20-Feb. 18) You can see what others can't, and as a result you'll be ready to swing into action when you receive the call. Much is at stake.

**PISCES** (Feb. 19-March 20) Your understanding of certain complex issues can prove beneficial to you and yours as you attempt to iron out key interpersonal issues.

**ARIES** (March 21-April 19) You are stronger than others may assume, and yet you don't want to make a mistake that makes you seem overconfident or unrealistic.

**TAURUS** (April 20-May 20) You and a friend may find yourselves arguing over something that is not at all worth the trouble. It may be a matter of pride.

**GEMINI** (May 21-June 20) The question that troubles you the most will be the ones that you are most prepared to answer when the time comes.

## Scrabble Grams

PAR SCORE 200-210, BEST SCORE 269

A <sub>1</sub>	A <sub>1</sub>	D <sub>2</sub>	N <sub>1</sub>	R <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>

--

 RACK 1

I <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	F <sub>4</sub>	P <sub>3</sub>	S <sub>1</sub>	H <sub>4</sub>

--

 RACK 2

Double Word Score

A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	W <sub>4</sub>	B <sub>3</sub>	L <sub>1</sub>	T <sub>1</sub>

--

 RACK 3

3rd Letter Triple

E <sub>1</sub>	U <sub>1</sub>	Y <sub>4</sub>	R <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>

--

 RACK 4

### Friday's Solution

P <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	Y <sub>4</sub>	RACK 1 =	64
U <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	O <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>		RACK 2 =	8
O <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>	I <sub>1</sub>	T <sub>1</sub>	S <sub>1</sub>	RACK 3 =	61
J <sub>8</sub>	O <sub>1</sub>	U <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	RACK 4 =	101
PAR SCORE 145-155								TOTAL 234

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

EASY

	4		3	7	8		5	
8			5		2			1
7	5		2		1		6	8
		8				1		
9	2		6		3		7	4
6			9		5			2
	7		1	2	4		3	

### Friday's Solution

2	9	4	7	1	5	3	8	6
6	3	8	4	2	9	1	5	7
7	1	5	3	6	8	9	2	4
1	6	3	8	7	2	4	9	5
9	5	2	1	3	4	7	6	8
4	8	7	9	5	6	2	1	3
8	2	1	5	4	3	6	7	9
5	4	6	2	9	7	8	3	1
3	7	9	6	8	1	5	4	2

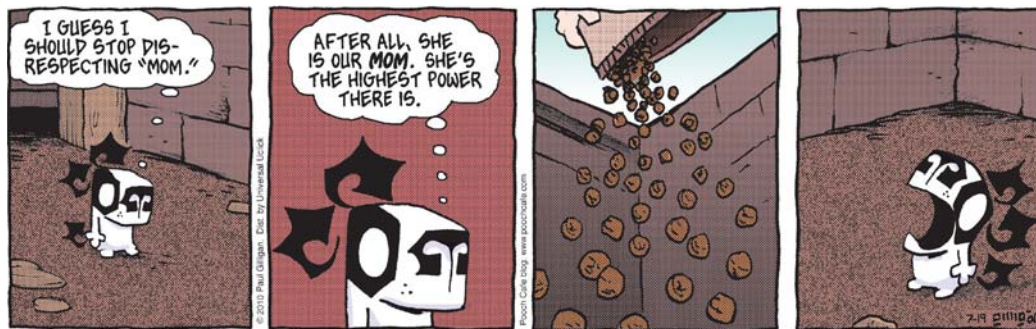
**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

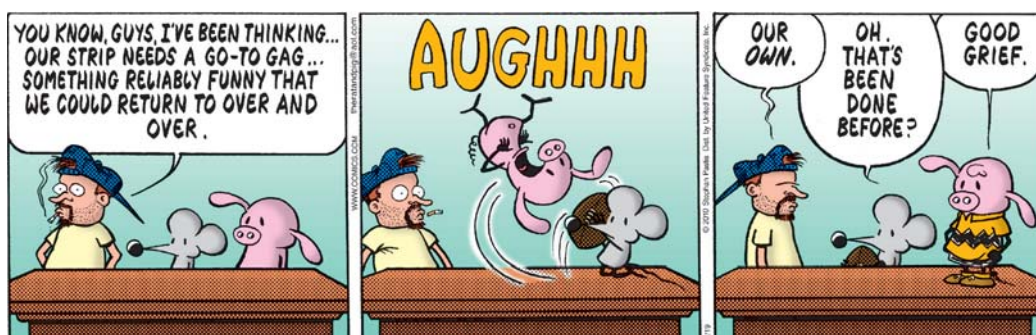
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**93 | 76**

**Today:** A thunderstorm this afternoon. A thunderstorm around this evening.

**92 | 76**

**Tomorrow:** A shower or thunderstorm around tomorrow and tomorrow night.

### Looking Ahead

**WED** **THU** **FRI**
**90 | 76 94 | 77 95 | 78**

### Sun and Moon

Sunrise today: 5:58 a.m.

Sunset today: 8:31 p.m.

Moonrise today: 3:11 p.m.

Moonset today: 12:27 a.m.

### Almanac

Normal high: 89

Record high: 103

Normal low: 70

Record low: 55

FORECAST BY ACCUWEATHER.COM ©2009



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\*Based on a stratified random sample of 223 women and 99 men on a medically prescribed diet.

lookout puzzles

Crossword

BE NICE!

ACROSS

- 1 Inaugural ball, e.g.
- 5 Oil-producing rock
- 10 Heroic narrative
- 14 Nutmeg cover
- 15 Jackrabbits, actually
- 16 Peak of the peak
- 17 Re-establish relations after a rift
- 19 \_\_\_\_ Star State (Texas' nickname)
- 20 Georgia of "The Mary Tyler Moore Show"
- 21 Desertlike
- 22 Some pints
- 23 Paved, in a way
- 25 Ball of fire
- 27 Poi plant
- 29 Boardlike
- 32 Detective's assignment
- 35 As found
- 39 Suffix with "social" or "urban"
- 40 Romanian money unit
- 41 Proper behavior
- 42 The White House's is 20500
- 43 Answer incorrectly
- 44 Alpine crests
- 45 Life jacket, for one
- 46 Deserving of the booby prize
- 48 Scottish terrier
- 50 Bicuspid coating
- 54 Surgeon's stitch
- 58 Teenager's breakout
- 60 Upper pelvic bones
- 62 Eat, drink and be merry
- 63 Foretell
- 64 Suspend the hostilities
- 66 Bistro name word
- 67 Reference with a world of information?
- 68 Alda the sitcom legend
- 69 Holding a grudge
- 70 Prognosticators
- 71 California winery locale

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20						21					22			
23					24		25				26			
				27			28				29			30 31
32	33	34				35		36	37	38			39	
40					41								42	
43					44							45		
46				47					48		49			
				50			51	52	53		54		55	56 57
58	59					60			61		62			
63						64				65				
66						67						68		
69						70						71		

EDITED BY TIMOTHY E. PARKER

DOWN

- 1 Doubleheader pair
- 2 "You \_\_\_\_ kidding!"
- 3 Jargon of a particular field
- 4 How spaghetti may be cooked
- 5 Yonder ship
- 6 Fictional skater Brinker
- 7 Formed a curve
- 8 Not fully trusting
- 9 City in the Ruhr area
- 10 A hero may have it
- 11 Eat humble pie
- 12 Part of a chromosome
- 13 Forest hackers
- 18 Target of some collars
- 24 Moisture remover
- 26 Calla lily's plant family
- 28 Without repetition

- 30 "How sweet \_\_\_\_!"
- 31 Pt. of NYPD
- 32 Ball of thread or yarn
- 33 Prefix with "dynamic"
- 34 Capitulate
- 36 One off the wagon
- 37 Angry states
- 38 Warthog features
- 41 Input for a computer program
- 45 Experienced person
- 47 "Bless you" preceder
- 49 Circular, domed tent
- 51 Thin-layered minerals
- 52 Make giddy
- 53 Birthplace of Charles De Gaulle
- 55 Soft palate feature
- 56 Condensed anecdote
- 57 "Maria \_\_\_\_" (Dorsey

- hit)
- 58 "Sesame Street" teaching
- 59 Pacific salmon
- 61 One-time orchard spray
- 65 Beast of burden

Friday's Solution

1	2	3	4	5	6	7	8	9	10	11	12	13
S	T	U	N	S	G	I	L	D		U	L	N
A	R	R	E	T	A	L	O	E		R	O	A
W	I	N	S	O	M	E	L	O	S	E	S	O
N	O	S	T	R	I	L		F	I	X	A	T
H	O	M	E		U	R	I		E	L	I	S
A	V	E	S	P	I	C	A		A	E	R	I
R	E	T	R	O	S	P	E	C	T	I	V	E
P	R	O	E	M		S	T	R	U	M		N
T	O	T	E	S		R	E	P		N	E	S
S	A	V	A	N	N	A		G	L	O	B	U
C	L	O	S	E	B	U		T	N	O	C	I
O	A	T	H		A	G	H	A		H	A	L
T	R	E	Y		D	H	O	W		A	N	I

Today in History

1969 Apollo 11 and its astronauts — Neil Armstrong, Edwin "Buzz" Aldrin and Michael Collins — go into orbit around the moon.

1990 Baseball's all-time hits leader, Pete Rose, is sentenced in Cincinnati to five months in prison for tax evasion.

2009 Stewart Cink wins the British Open.

express



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## NON-NEWS

## Paris Not Arrested

Paris Hilton was briefly detained in Corsica after sniffer dogs detected a "quite small" quantity of marijuana in her bag. Officers at the airport found about 1 gram of pot. Hilton, who was transiting the French Mediterranean island in a private jet on Friday, was brought in for questioning and released about 30 minutes later. In a posting on TwitLonger Saturday, Hilton wrote, "Just to put an end to these rumors. The stories saying I have been arrested are completely false!" She added: "I am having the best vacation of my life." (AP)



## JOHNSTON-PALINS

### Mercede Johnston Already Pitching Spin-Off

Bristol Palin and Levi Johnston are shopping multiple reality show concepts around Hollywood, TMZ.com reported. Details are scarce regarding the purported proposal. Most news sources agree that it will follow the couple and their son, Tripp; will focus on parenting; and may or may not take place in Alaska and/or feature Sarah Palin. Negotiations are "on-going," a source told TMZ. (EXPRESS)



## JOURNALISM

### Radar, TMZ in Fierce Slap Fight

A photo of Oksana Grigorieva showing chipped veneers on her front teeth — the alleged ill-doing of Mel Gibson — is real, a rep told "Entertainment Tonight." The authenticity of the image, posted by Radaronline.com, is being challenged by TMZ.com, which quotes experts saying the damage is inconsistent with a blow to the face. (EXPRESS)

## CASTING

### Jon Gosselin Mulls What He Can Get Addicted To

Supermodel Janice Dickinson is joining "Celebrity Rehab," VH1 announced. The rest of the cast: Jeremy London, "Hills" star Jason Wahler, Tiger Woods mistress Rachel Uchitel, Leif Garrett, socialite Jason Davis and Frankie Lons (mother of Keyshia Cole). (EXPRESS)



## Victims



### Randoms Defend Danielle's Honor

"Real Housewives of New Jersey's" Danielle Staub is being sued by ex Stephen Zalewski. On the show, Staub says Zalewski secretly recorded them having sex. "He has people coming up to him in restaurants saying, 'You are real scumbag,'" Zalewski's attorney told "E! News." (EXPRESS)

**"Just bought a new Colt .45 and a new Glock. Nothing like buying some more pistols on a sunny Friday in LA."**

— SPENCER PRATT UPDATES THE WORLD ON HIS RECENT WEAPON ACQUISITIONS VIA TWITTER. "2010 HAS BEEN THE BEST YEAR OF MY LIFE!" HE NOTED SATURDAY.



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- Curses
- Bad Karma
- Jealousy/Envy
- Witchcraft
- Spells
- Obeah
- Bad Luck
- Blocked Ways
- Suicidal Thoughts
- Nightmares

**We Can Help You**

# Break the Curse!

*"if the Son sets you free, you will be free indeed."*

John 8:36



### *"I Broke My Family's Curse!"*

"My entire family fell prey to evil spirits. People did witchcraft against us and many of my loved ones suffered with an early death that didn't make any sense.

I also suffered with severe insomnia, a bleeding that never went away and a feeling something evil was always around me. Everything I tried to make my life better failed. I was invited to a meeting at the Universal Church. The Strong Prayers and the down-to-earth practical teaching made me understand that there was a way to fight back and change my life. By attending the weekly services, the early deaths in my family stopped. I got rid of the insomnia and the bleeding problem. I can say that this curse has been broken!"

*Shellene Walker, DC*

REMEMBER: IF IT HAPPENS ONCE,  
**THAT'S BAD. TWICE, WELL, IT'S LIFE...**  
BUT THREE TIMES, YOU BETTER **GET HELP.**

## Tuesday, July 27<sup>th</sup>

10am, 4pm + 8pm (free admission)

People with **PROBLEMS** are welcome.



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**Silver Spring, MD:** 11120 Lockwood Dr (Near White Oak Mall)

**Ph:** 1-800-346-8110 - Service in Silver Spring



# I have so much more confidence!

## Jowell, age 48

### OCCUPATION

Homeland Security Analyst

### TREATMENT

Single dental implant, perfectly matched tooth

### DENTAL TURNING POINT

My problem was so visible; it was right in the front of my mouth. And I had a dental appliance that kept falling out. I had to glue it in place. I just said this is enough. I can't live like this anymore. I saw a ClearChoice ad in the newspaper. When I saw they could do single implants in just one day. I was sold.

### HIDDEN TALENT

Musician

### MY SMILE ...

has changed my life. I am so much more confident. And none of my friends can tell which tooth is the implant. It looks so natural.



Before



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# My smile is drop dead gorgeous!

**Jean, age 53**

**OCCUPATION**

Homemaker

**TREATMENT**

Multiple dental implants and beautiful new teeth

**DENTAL TURNING POINT**

I chipped my front tooth and knew that if I went in to have it repaired it would turn out to be another bad crown that did not match the rest of my teeth. And my partial bridge was cracking, again. I knew that I did not want just another temporary solution.

**HIDDEN TALENT**

I'm a great shopper.

**MY SMILE ...**

is the first thing you see and last thing that you will remember about me. It is truly a drop dead gorgeous smile.



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